

Regular/NAS (Level 7)	Lantern Fall/ Winter Menu						Week 4
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Breakfast</b>							
<b>Oatmeal</b> <b>Breakfast Casserole</b> <b>Fresh Fruit</b> <b>Mini Danish</b>	<b>Cream of Wheat</b> <b>Cinnamon French Toast</b> <b>Berry Yogurt and Granola</b> <b>Parfait</b> <b>Pork Sausage</b>	<b>Oatmeal</b> <i>Ham and Cheese Omelet</i> <b>Cottage Cheese &amp; Fruit</b> <b>Applewood Bacon</b> <b>Bananna Muffin</b>	<b>Cold Cereal</b> <b>Specialty Pancakes</b> <b>Light Raspberry Yogurt, 6 oz,</b> <b>PC</b> <i>Bacon</i>	<b>Hot Grits</b> <b>Breakfast Sandwich on Crois.</b> <b>Fresh Fruit Salad</b> <b>Turkey Sausage Patty</b>	<b>Oatmeal</b> <b>Yoplait Raspberry Yogurt, 6</b> <b>oz</b> <b>Applewood Bacon</b> <b>Belgian Waffle</b>	<b>Cold Cereal</b> <b>Fresh Scrambled Eggs</b>  <b>Pork Sausage</b> <b>Cinnamon Roll</b>	
<b>Lunch</b>							
<b>Soup of the Day</b>  <i>Grilled Turkey Sandwich</i>	<b>Red Pepper Bisque</b> <b>Tuna Salad Sandwich</b>	<b>Pepperoni Pizza</b> <i>Side Salad</i>	<b>Italian Wedding Soup</b> <i>Chicken Parm Sandwich</i>	<b>Cheeseburger Deluxe</b> <b>Lutuce/Toamto/Pickle</b>  <b>Onion Rings</b>	<b>Chicken and Dumpling Soup</b> <i>Side Salad</i>  <b>Fresh Roll</b>	<i>Open Faced Roast Beef Sand.</i>  <b>Roasted Potatoes</b>	
<b>Pudding Parfait</b>	<b>Fruited Jello</b>	<b>Cupcakes</b>	<b>Vanilla Pudding</b>	<b>Ice Cream</b>	<b>Warm Blueberry Cobbler</b>	<b>Ice Cream Sandwich</b>	
<b>Dinner</b>							
<b>Mac and Cheese</b>  <i>Stewed Tomatoes</i>  <b>Chicken Thighs</b>   <b>Chefs Choice Dessert</b>	<b>Rosemary Pork</b> <b>Maple Dijon Glaze</b>  <i>Roasted Garlic Potatoes</i>  <b>Glazed Carrots</b>   <b>Cranberry Pear Crisp</b>	<b>Stuffed Zucchini</b> <b>Mushroom and Garlic Rice</b> <b>Pilaf</b>    <b>Pie</b>	<b>Turkey and Stuffing</b>  <i>Mashed Potatoes and Gravy</i>  <b>Cranberry Sauce</b> <b>Succotash</b>   <b>Pineapple upside down Cake</b>	<b>Chicken Marsala</b>  <i>Parmsean Orzo</i>  <b>Green Beans</b>   <b>Cherry Pie</b>	<b>Breaded Tilapia</b>  <i>Broccoli Cheddar Rice</i>  <i>Broccoli</i>   <b>Lemon Cheesecake</b>	<b>Vegetable Lasagna</b>  <i>Garlic Bread</i>    <b>Boston Cream Pie</b>	

**Bold indicates a main item.**

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